

Play to win

Life is a journey, not a destination. As the name implies, life is full of movement and growth. Growth involves change and challenge. Both can be difficult.

Change as a challenge can create a lot of fear and many choose not to face the fear and remain stuck, enduring instead the pain of staying the same to the discomfort of embracing something new.

Do you embrace change or do you become paralysed by the thoughts of doing something different. Do you avoid situations that challenge you? What does it cost you when you allow fear to stop you.

Sadly, some people have very difficult and challenging lives, yet amazingly, they create strong and powerful responses every day.

Then there are people who *think* they have a difficult life, and behave as if absolute disaster is all about. Choosing to complain about how awful and unfair it is.

Life throws up many challenges to us as we journey. There are no entitlements, no guarantees, and no promises. The world owes us nothing.

There are times in life when we experience great moments, when everything comes together, and there are times when nothing seems to work. How we handle it is what makes the difference, our response is what gives us the strength to either overcome it or feel the fear and fall down.

There is an old saying that I love and often quote “What doesn’t kill us makes us stronger.”

Get in the game of life now, don’t wait. Play with passion, and play to win. Even if you do not win every time, you *will* make a difference by trying. Your presence and your effort will inspire you and others to keep on going. Be the strength that you seek in others, remember that they too are afraid; they just will not tolerate giving up.

Shine out; make your mark by being all that you can be.